



SPORTS & RECREATION

MAY 19, 2011



Photo by Renee Reese

Youth enjoy a competitive game of basketball, at the Fort Stewart Youth Center, May 13. Each take turns practicing their jump shots while improving their ball handling skills.

Youth fight childhood obesity

Renee Reese
Fort Stewart Public Affairs

Many adults understand that physical activity is essential to living a healthy lifestyle; however do youth recognize the importance of staying active? According to www.letsmove.gov, a comprehensive initiative launched by First Lady Michelle Obama designed to solve the problem of childhood obesity; increasing physical activity can be simple and fun.

First Lady Michelle Obama was quoted by letsmove.gov as saying, “The physical and emotional health of an entire generation and the economic health and security of our nation is at stake.”

Childhood obesity rates in America have tripled and nearly one in three children in America are overweight or obese according to the site.

So how did our youth get here?

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Soldier runners pace for Army 10-Miler

Special to the Frontline

Individuals came out to practice May 14 for the Army 10-Miler at the Tominac Fitness Center on Hunter Army Airfield. The qualifying race will be held at Donovan Track in the Georgia National Guard Training Area, June 4. The 27th Annual Army Ten-Miler will be held 8 a.m., Oct. 9 at The Pentagon.

Practice results are as follows:

- 1st – Lt. Col. Jose Aguilar, Garrison Command – 1:09:19
- 2nd – Michelle McCarthy, B Trp., 5/7 CAV - 1:10:50
- 3rd – Pfc. Seme Douglas, 110th QM Co. - 1:16:27
- 4th – 2nd Lt. Stefanie Forgione, 603rd ASB - 1:18:20
- 5th – Pfc. Aaron VanDyne, 110th

- QM Co., - 1:22:21
- 6th – Spc. Humberto Escalona, 110th QM Co.- 1:30:49
- 7th – Sergeant Maj. Bryan Lynch, USAG - 1:31:18
- 8th – Spc. Amie McClintic, 3ID Band - 1:45:00
- 9th – Spc. LeBohang Mothapo, 110th QM Co. - 1:47:48
- 10th – Spc. Daniel & Mrs. Amanda Martinez, 2/3 AVN – 1:49:31

Family fitness challenge offered at Stewart Commissary

Mike Coffman
DeCA-Fort Stewart

In conjunction with National Nutrition Month activities for the month of May, the Fort Stewart Commissary was the site for the first Family Fun Fitness Festival, May 14.

Though storm clouds hung in the balance, about 25 Family Members took on the fitness challenges in the roped off parking lot. From 10 a.m. until 2 p.m., they participated in push-ups, sit-ups, and other activities that got them to do a bit of exercise before or after their shopping at the bi-annual case lot sale.

This activity occurred or will occur throughout most Defense Commissary Agencies around the globe.

Local participants were awarded with healthy snacks and cookbooks. The next scheduled Family Fun Fitness for the local commissary is planned for May 2012.



Courtesy Photo

Family Members take fitness challenge at the Family Fun Fitness festival in the Fort Stewart Commissary parking lot, May 14. Participants completed push-ups, sit-ups and other activities.

Sports Standings

Fort Stewart Softball Standings

TEAM	WON	LOST
<u>Marne Conference</u>		
526th Eng. Co	6	0
C Co., 1/30th Inf.Bn	5	1
24th Ord. Co.	5	1
3/7th Inf. Bn	3	3
HHC 1/64th (MED)	2	4
F Co., 3/69th AR	2	4
29th Eng. Det.	1	5
B Co., WTB	0	6
<u>Rocky Conference</u>		
MEDDAC	6	0
DHHB (SIG)	3	2
NU- IMAGE	3	3
HHB, 1/41 FA	2	4
139th MP Co.	2	1
15th ASOS	3	3
HHC, 3/69th AR	2	3
C Co., 3/69th AR	0	2

Hunter Army Airfield Softball Standings

TEAM	WON	LOST
<u>American League</u>		
USMC	8	0
Hunter Fire Fighters	7	2
B Co., 2/3rd AVN	6	3
USCG	4	3
D Co., 2/3rd AVN	3	5
603rd AVN	2	6
110th AVN	2	7
224th MI	1	7
<u>National League</u>		
A Co., 3/160th SOAR	8	1
3/160th SOAR	8	1
D Co., 4/3rd AVN	6	2
JUST ENOUGH	4	0
HSC, 603rd AVN	4	4
F Co., 2/3rd AVN	2	6
HHC, 2/3rd AVN	1	8
E Co., 1/3rd AVN	0	8

Fort Stewart Soccer Standings

TEAM	WON	LOST	TIE
B TRP, 5/7 CAV	3	0	
135th QM Co.	3	0	
Bulldogs	1	1	
A TRP, 3/7 CAV	0	2	1
SIG Co., DHHB	0	2	1
A Co., 3/69th AR	0	3	

Bradwell bumped from state playoffs

Patty Leon
Frontline Contributor

Every dark cloud has a silver lining. Bradwell Institute baseball coach Rhett Hellgren said he and his players are disappointed in their performance May 6 at Tift County High School, where the Tigers were bumped from the state playoffs after losing the first two games in a three-game series by a combined score of 21-0.

But that doesn't mean the season itself wasn't a good one, Hellgren said.

Bradwell went 16-11 overall and 14-4 in Region 3-AAAAA, which kept the Tigers in the thick of the region race for much of the season.

Bradwell was even set to host a first-round playoff game as the region's No. 2 seed until late-season losses to Groves and Benedictine bumped the Tigers to third place and sent them down the road to Tifton in Southwest Georgia.

"It was very difficult going there (to Tift County) in the first place," Hellgren said. "I truly thought we would have been home for the first round. Unfortunately, we did not do as well as I had hoped in the final two games of the regular season. That was probably the most disappointing moment of the season for the coaching staff. We truly worked too hard to put us in the position to be at home. Not just the coaching staff, but the players as well. It just didn't work out."

Hellgren praised his seniors, especially Garrett McCorkle, Josh Driggers, Eric Wells and Leonard Felton — who have played for Hellgren since his second year

as the BI baseball coach.

"And they never missed the playoffs in their high school career," he said. "That is something special about them."

Looking back, Hellgren acknowledged that defense was a big factor in BI's wins and losses.

"Our defense this year was up and down and it showed in the losses we had this year," he said. "When we did not have errors, we won. When we had more than four or five errors we lost, plain and simple."

As a team, the Tigers hit .322, which Hellgren said wasn't great but also wasn't bad for the high-school level.

"We really need to work on not striking out as much and putting the ball in play on the ground. (That's) something we are going to focus on next year," he said.

Hellgren said he was especially grateful for his coaching staff this season.

"I could not have done this without them," he said. "They are the best staff in the state of Georgia, in my opinion. Jeff Eastlake was there more than ever as a lay coach and it contributed to our success. Pat Sammons was very instrumental for the pitchers. Eric Lukarinnen was there again to help out as much as he could and I appreciate all that he did for us in many ways as well. We really got better as the season went on and I expect us to be even better next year."

Hellgren said junior-varsity and ninth-grade coaches Pete Woodard and Mike Stanford were fantastic in getting the younger guys ready for the next season.

Hellgren also said the Tigers will continue to



Photo by Patty Leon

Bradwell Institute catcher Josh Driggers was one of several seniors that Tigers coach Rhett Hellgren credited with contributing much to the team's success this spring.

improve.

"In all, this was our best season to date," he said. "We are here to stay and I expect us to get better every year. I look forward to working and hopefully getting a home playoff game in the future."

OBESITY

from Page 1C

Thirty years ago most children kept a healthy weight by walking to school, playing outside for hours, running around during recess. Today, our lifestyles are different with texting, computers, gaming and watching more television and our kids have paid the price for eating on the run and less exercise.

"Fort Stewart youth center is a place where youth can learn more about healthy eating and they can enjoy exercise," said Fort Stewart Youth Center assistant director Karen Thomas. "Healthy Habits, a course offered at the center, teaches youth lifelong skills that promote well being. A variety of our activities are to keep youth happy and active, so they won't become at risk for negative behaviors."

Twelve-year-old Morgan Cody and 11-year-old Ayanna Smith were playing a fierce game of air hockey at the Fort Stewart Youth Center.

"Exercise is important so you will not become obese," Cody said.

"I come here to play air hockey, it's fun and gives you a workout," Smith

said.

"It's important to stay physically fit because you never know what challenges lie ahead in life," said 12-year-old Kevin Bartholomew. "I'm a future NBA star with the Miami Heat, so I need to practice my skills."

Bartholomew, along with several other youth center members were found practicing their jump shots in the youth center gymnasium, May 13.

Physical activity is a key component to living a healthy lifestyle, according to letsmove.gov. Children need a minimum of 60 minutes of play with moderate to vigorous activity every day to grow up to a healthy weight.

"Healthy eating and exercise is important because of your health," Thomas said. "If you don't practice eating healthy and exercising you can be at risk for diabetes, stroke, or heart attack."

For more information about the youth center and how to register your child, contact Parent Central Services at 912-767-2312 at Stewart and 912-315-5425 at Hunter.



Photo by Renee Reese, Fort Stewart Public Affairs

Twelve-year-old Morgan Cody and 11-year-old Ayanna Smith, enjoy a competitive game of air hockey, at the Fort Stewart Youth Center, May 13.

Single-game football tickets on sale

Army Athletic Communications

WEST POINT, N.Y. – Single-game tickets for the 2011 Army football season went on sale May 1. The Black Knights open the home portion of their schedule Sept. 10 versus San Diego State.

Fans began securing their seats on line May 1. Orders can also be placed by calling the Army Athletics Ticket Office at 1-877-TIX-ARMY.

In addition to the matchup with the Aztecs, Army will host Northwestern (Sept. 17), Tulane (Oct. 1) and Fordham (Oct. 29) at Michie Stadium on the campus of the U.S. Military Academy in West Point, NY. The San Diego State and Tulane games will kick off at noon, while the Northwestern and Fordham contests will start at 3:30 p.m.

The ticket price for individual seats for the San Diego State, Northwestern and Fordham games is \$32. The Tulane game, this year's homecoming contest, is priced at \$38.

The Army Sports Hall of Fame Class of 2011 will be honored at halftime of the Sept. 17 game versus the Wildcats, while the Fordham game on Oct. 29 will feature a tribute to the 1996 Army team that earned a berth in the Independence Bowl.

An early-bird purchasing period for tickets to the Black Knights' game versus Rutgers at Yankee

Stadium on Nov. 12 will also begin May 2. Army season ticket holders, A Club members and West Point graduates will have the month of May to buy seats through the Army Athletics Ticket Office at a discounted rate and ensure their seats in the Army section of Yankee Stadium.

Fans wishing to arrange group outings to West Point

during the 2011 season can also make their ticket purchases. Groups of 20-or-more will receive substantial discounts off the regular individual game ticket prices. For the San Diego State, Northwestern and Fordham games, groups can purchase tickets for just \$21 per seat. For the Homecoming matchup versus Tulane on Oct. 1, group tickets are \$30 per seat.

In addition to purchasing tickets, groups wishing to organize a tailgate at West Point can contact Janine Roszkowski in the Directorate for Cadet Activities at 845-938-7732 or Janine.roszkowski@usma.edu.

The 2011 season ticket packages start at just \$79 for the "Coach E's Army" section located in the southwest corner of Michie Stadium. A sideline season ticket is priced at \$128. Packages for the 2011 season include Army's four games at Michie Stadium. In addition, season-ticket holders will have priority to purchase seats for the Black Knights' game versus Rutgers.

When purchasing tickets, fans should also be aware of the adjustment to Army A Club giving levels for the 2011 football season. These updated tiers include new Michie Stadium parking guidelines, which are designed to enhance parking efficiency and improve the game day experience for all fans attending games at West Point.



Courtesy Photo

Head coach Rich Ellerson and the Black Knights open at home on Sept. 10 versus San Diego State.

Sports Briefs

Stewart needs youth coaches

The Child, Youth & School Services Youth Sports is currently seeking volunteer coaches for tee-ball and baseball for age groups 4-13. The season will run from May through June 2011. To sign up as a volunteer or to acquire more information, please call 912-767-5079.

Ten-Miler qualifying race

There's no charge to take part in the practice race or the Army Ten-Miler Qualifying Race, which will be run at the

Donovan track in the Georgia National Guard Training Area at Stewart, June 4.

Family Members are not eligible to become a member of the Stewart-Hunter Ten-Miler team, but are welcome to run with their Soldiers in the practice run and qualifier. The 27th Annual Army Ten-Miler, with a 30,000-runner field, will be held at 8 a.m., Oct. 9 at the Pentagon.

For more information, call 912-767-8238 at Stewart or 912-315-2019 at Hunter.



For more community events, visit the Quality Time magazine online at www.stewart.army.mil, pick one up at your local distribution box or call 912-767-5669.



7 to 11 a.m. June 11 at Pond 30, Training Area Echo 1, off Highway 144 West.

Kids under the age of 16 will have an opportunity to catch 10 catfish from a heavily stocked fishing pond, compete in a bait-casting competition, watch a fish-cleaning demonstration, get their face painted, win door prizes, visit informational booths and get their fish cleaned.

The event is free. It is sponsored by Directorate of Family & Morale, Welfare & Recreation, Directorate of Public Works Fisheries Branch, Director of Emergency Services Game Wardens and Liberty County BASS Club. Activities and events will be scheduled every 30 minutes from 8 to 10:30 a.m. Door prize drawings will be held every 30 minutes starting at 7:15 a.m. DPW Fish and Wildlife will staff a fish-cleaning station from 8-11 a.m.

For more information, call 912-435-8061.